WHAT IS CLAIMED IS:

An ink composition comprising:

water;

a colorant; and

a polyester resin containing a polybasic carboxylic acid ingredient and a polyhydric alcohol ingredient,

the polybasic carboxylic acid ingredient containing an aromatic dicarboxylic acid having a metal sulfonate group.

- 2. The ink composition of claim 1, wherein the polyester resin has a number average molecular weight within a range of from 5,000 to 50,000.
- 3. The ink composition of claim 1, wherein the polyester resin has a glass transition point Tg within a range of from -20°C to 70°C.
- 4. The ink composition of claim 1, wherein the polyhydric alcohol ingredient contains at least one glycol selected from the group consisting of aliphatic glycols and cycloaliphatic glycols.
- 5. The ink composition of claim 1, wherein

electroconductivity of the water is 250 μ S/cm or less.

- 6. The ink composition of claim 1, wherein the colorant contains a pigment.
- 7. The ink composition of claim 6, wherein the pigment has a hydrophilic group.
- 8. The ink composition of claim 7, wherein the hydrophilic group is at least one of carboxyl group and sulfonic group.
- 9. The ink composition of claim 1, wherein the ink composition further comprises a water-soluble organic solvent having a vapor pressure lower than that of the water.
- 10. The ink composition of claim 9, wherein the water-soluble organic solvent contains glycol ethers and/or polyhydric alcohols.
- 11. The ink composition of claim 1, the ink composition further comprising:
 - a nonionic surfactant, content of the nonionic surfactant being at a

critical micelle concentration or more.

- 12. The ink composition of claim 6, wherein the pigment contains at least one of C.I. pigment blue 15:3 and C.I. pigment blue 15:4.
- 13. The ink composition of claim 6, wherein the pigment contains at least one selected from the group consisting of C.I. pigment red 122, C.I. pigment red 209 and C.I. pigment violent 19.
- 14. The ink composition of claim 6, wherein the pigment contains at least one selected from the group consisting of C.I. pigment yellow 74, C.I. pigment yellow 138, C.I. pigment yellow 150 and C.I. pigment yellow 180.
- 15. The ink composition of claim 6, wherein the pigment contains a carbon black.
- 16. A recording method of recording images comprising: depositing an ink composition on a recording material,

wherein for the ink composition is used the ink composition of claim 1.

17. A recording method of recording images comprising:
discharging liquid droplets of an ink composition
by applying a pressure to the ink composition; and
depositing the liquid droplets on a recording
material,

wherein for the ink composition is used the ink composition of claim 1.

- 18. The recording method of claim 16, wherein for the ink composition are used at least the ink composition of claim 12, the ink composition of claim 13, and the ink composition of claim 14.
- 19. The recording method of claim 17, wherein for the ink composition are used at least the ink composition of claim 12, the ink composition of claim 13, and the ink composition of claim 14.
- 20. The recording method of claim 16, wherein for the ink composition are used at least the ink composition of claim 12, the ink composition of claim 13, the ink composition of claim 14 and the ink composition of claim 15.
- 21. The recording method of claim 17, wherein for the

ink composition are used at least the ink composition of claim 12, the ink composition of claim 13, the ink composition of claim 14 and the ink composition of claim 15.

- 22. A recorded image recorded by the recording method of claim 16.
- 23. A recorded image recorded by the recording method of claim 17.
- 24. An ink set comprising: the ink composition of claim 12; the ink composition of claim 13; and the ink composition of 14.
- 25. An ink set comprising:

 the ink composition of claim 12;

 the ink composition of claim 13;

 the ink composition of 14; and

 the ink composition of claim 15.

an ink chamber having a discharge port for discharging liquid droplets of the ink composition, the ink chamber being supplied with the ink composition from the ink tank;

a piezoelectric element disposed to at least a portion of the ink chamber, for applying a pressure to the ink composition contained in the ink chamber, the piezoelectric element generating distortion in response to a voltage applied thereto, and

an electrode for applying the voltage to the piezoelectric element.

27. An ink head comprising:

an ink tank for storing the ink composition of claim 1;

an ink chamber having a discharge port for discharging liquid droplets of the ink composition, the ink chamber being supplied with the ink composition from the ink tank;

a heat generation body disposed to at least a portion of the ink chamber, for heating the ink composition contained in the ink chamber to generate air bubbles and thereby applying a pressure to the ink composition, and

an electrode for applying a voltage to the heat

generation body.

- 28. A recorded image recorded by depositing liquid droplets of the ink composition which are discharged by the ink head of claim 26, on a recording material.
- 29. A recorded image recorded by depositing liquid droplets of the ink composition which are discharged by the ink head of claim 27, on a recording material.